PLANT FACT SHEET

Sagittaria graminea Michaux

GENUS *Sagittaria* **FAMILY** Alismataceae

COMMON NAMES Chinese arrowhead

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Root

The tubers can be boiled or roasted and eaten. They can also be ground and dried and used as a flour in baking or as a thickener.

DESCRIPTION

A plant that grows in shallow water. It has underground stems or rhizomes. It keeps growing from year to year. The leaves can be narrow, or oval or heart shaped. They are 25 cm long and 10 cm wide. The leaves under the water are often very long. The flowers are white and in groups of 5-7. They are held in a cluster above the water.

HABITAT

A temperate plant. It grows in shallow water up to 50 cm deep. It suits hardiness zones 6-12. Uni of Calicut BG.

PRODUCTION

Cultivation

Plants grow from seed. Plants can also spread by rhizomes or underground stems.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1166c0f4-fe9e-466a-95bf-cbaff74542db